

Coronavirus (COVID-19)



What is coronavirus (SARS-CoV-2)?

Coronavirus (SARS-CoV-2) is a type of virus that has only spread in people since December 2019. COVID-19 is the disease caused by this coronavirus. Health experts are concerned because little is known about this new virus. It can cause severe illness and pneumonia in some people and there is not a treatment.

How does COVID-19 spread?

The virus that causes COVID-19 is thought to spread mainly from person to person. It spreads from an infected person to others through:

- The air by coughing and sneezing.
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- In rare cases, contact with feces.

COVID-19 may also be spread by people without symptoms.

How severe is COVID-19?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization.

What are the symptoms?

Symptoms that may appear in 2 to 14 days after exposure:

Cough



Difficulty breathing



Fever



Sore throat



Headache



Muscle pain



Repeated shaking with chills



Chills



New loss of taste or smell



Who is at risk for COVID-19?

Adults over 60 and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. To reduce the risk of spread, health officials are working with healthcare providers to quickly identify and evaluate any suspected cases.

How can I prevent getting COVID-19?

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. Steps you can take to prevent spread of coronavirus are the same as for the flu and the common cold:

- Wash hands often with soap and water. If not available, use hand sanitizer with at least 60% alcohol until you can wash hands.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Clean and disinfect frequently touched surfaces daily.



How is COVID-19 treated?

There are no medications specifically approved for COVID-19. Most people with mild COVID-19 will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

What should I do if I think I have COVID-19?

Be sure to call your doctor **BEFORE** you go into the clinic and/or emergency room. When you are traveling to a clinic and while you are in a clinic, please make sure to wear a mask. You and your doctor will have to discuss your risk for having COVID-19. Continue to monitor your health for any symptoms for the next two weeks.

For more information visit: www.co.benton.or.us/coronavirus

*This information is based on [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) guidelines.
The information is subject to change as more information is learned about COVID-19.*